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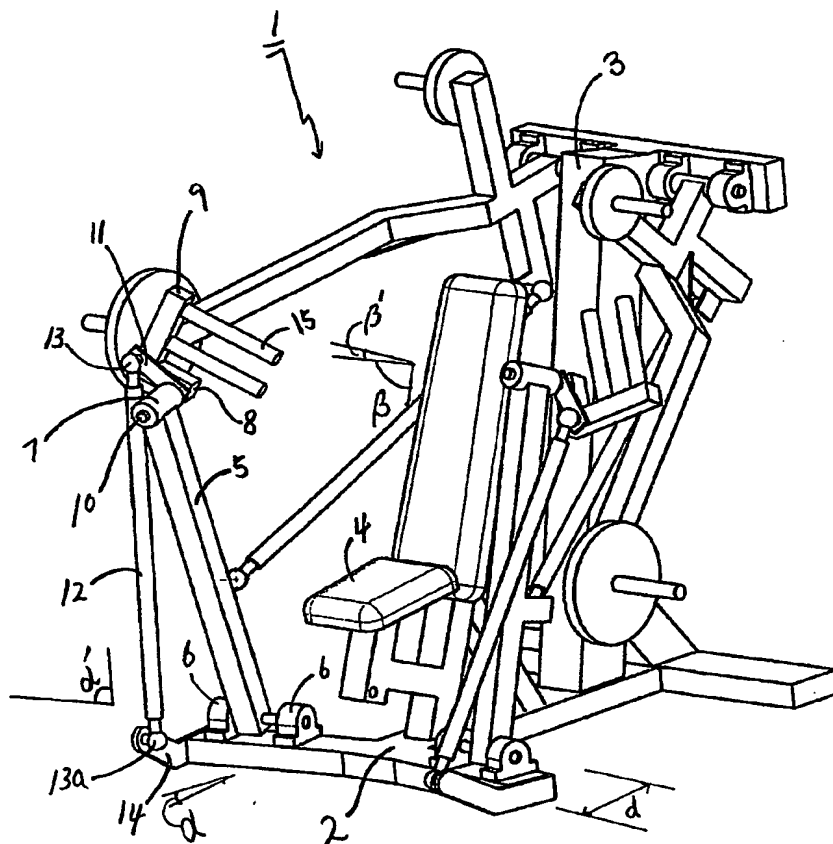
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(54) Title: APPARATUS FOR THREE-DIMENSIONAL ANAEROBIC EXERCISE



(57) Abstract: Disclosed is an apparatus for three-dimensional anaerobic exercise including: A seat mounted on the base frame; handle linkages each inclinedly mounted at right and left sides of the base frame to form an angle γ in front of the seat; a bearing box mounted on the front end of the handle linkage; first and second handle frames rotatably mounted on a handle shaft; a handle side lever fixed between the first handle frame and the bearing box in such a manner as to form a predetermined angle with respect to the first handle frame; and an auxiliary linkage connected at an upper end to the handle side lever via a ball joint and mounted at lower end on a fixed lever fixed to the lower end of the front side of the base frame via a ball joint to form a distance (d).

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